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Health pg 18

Monkeys, sex and politics

Violent home invasion sends man to hospital

SHOOTING One man is in hospital in stable condition after being shot during a home invasion yesterday evening.

Police were called to an apartment complex at 10 Street and 12th Avenue SW after four assailants, whom duty inspector Dave Wood said were believed to be "in some array of disguise," raided the home, leaving a 33-year-old male with a gunshot wound to the lower back.

Wood said the victim was known to police, though he couldn't confirm whether or not the victim knew his attackers.

A woman, also in the apartment at the time of the break-in, was interviewed by police late yesterday evening.

No suspects are in custody. **METRO CALGARY**

Sports pg 13

York trashes messy CFL

Election 2008 pg 8

- **Lawrence Martin's National Report**
- **Harper plays law-and-order card**
- **Dion's wife on attacks**
- **Tory trouble in Halifax**

Your Money pg 12

Your guide to cruising in a recession

ROBIN KUNISKI/FOR METRO CALGARY

From left, Metro Calgary marketing manager Blaine Schlechter, CityTV Breakfast Television's Dave Kelly and Andrew Schultz and Metro managing editor Darren Krause look awfully comfortable in their high heels during yesterday's Cardel Walk a Mile in Her Shoes campaign at Olympic Plaza in support of the YWCA Cardel Crisis Housing Fund.

Men walk miles

High heels footwear of choice for Olympic Plaza walkers

KRISTA SYLVESTER
krista.sylvester@metronews.ca

Olympic Plaza was surrounded yesterday by what might have looked like a cross-dressing beauty pageant.

It was actually the third annual Cardel Walk a Mile in Her Shoes event where 140 men donned wedges and stilettos to raise money and awareness during the Metro-sponsored event.

Men slipped on the heels and paraded perilously around the Plaza — twice — and the odd groan and wince of pain could be seen and heard among the masses.

"It was a great turnout and a really fun event. Everyone had such a good time and we had a lot of people stopping by to see what was going on," director of the YWCA Arlene Adamson told Metro.

Adamson said they are still short $50,000, but hopes the rest of the money will come through this week when participants honour their $1,000 pledge amount.

"I certainly have a new-found respect for women who want to kick their heels off at the end of the day."
Darren Krause, Metro Calgary

Metro managing editor Darren Krause participated in the event and even after ribbing from his editorial staff, Krause had a new appreciation for the female gender.

"My feet hurt as soon as I put them on and I only wore them for 20 minutes. I certainly have a new-found respect for women who want to kick their heels off at the end of the day," he said.

"But it's fun and a very effective way to build awareness for such an important purpose."

Money raised goes toward the Cardel Crisis Housing Fund, which provides support for women and children transitioning to stable housing after leaving emergency shelters.

Dion says 'non' to coalition

Stéphane Dion snapped an NDP olive branch last night in Calgary's northeast, refusing to potentially partner with a party who he says has no understanding of the economy.

At a campaign stop at the Greenwood Inn and Suites to rally local supporters with a town hall meeting, breathing potential life into the campaigns of Calgary candidates, the federal Liberal leader rebuked Jack Layton's offer to form a coalition with Dion's party if it would help oust the Conservatives from government and get NDP policies through the House of Commons.

Dion

"Mr. Layton does not understand the economy, I cannot think Canadians could give their support to a man who will kill jobs everywhere in the country by raising the corporate tax," said Dion, pointing to his party's platform, released in Ottawa earlier in the day, which outlined a 14 per cent corporate tax cut by 2013.

Dion also levelled shots at Stephen Harper, claiming that virtually all Conservative spending on the military has come from previous Liberal government budgets, that he broke his word by punitively taxing income trusts and is spending well beyond the country's means.

Dion also insisted his party could win seats in the Conservative heartland of Alberta. **NEIL MACKINNON/ METRO CALGARY**

Election 2008

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Suspect in shooting held until bail hearing
A 30-year-old suspect facing charges in relation to a shooting last week that left a Brazilian student blind will remain in custody until a hearing next month. He appeared in court yesterday and his bail hearing was set for Oct. 20. METRO CALGARY

Local

Hakuna Matata, Calgary

It's still just under a year away, but Broadway Across Canada announced that the award-winning Broadway musical The Lion King will roar onstage in Calgary at the Southern Alberta Jubilee Auditorium from Aug. 4 to 30, 2009. Sorry to spoil it, but tickets won't go on sale until April 2009.
METRO CALGARY

BVC readies foreign health workers for Alberta exam

PROGRAM A new initiative by Bow Valley College is set to prepare internationally educated health professionals for the provincial exams so they can become licensed in Alberta.

Directions for Internationally Educated Health Professionals (IEHP) is one of several government-funded services offered by the college to assist immigrants and the transition into their fields of study.

"We have educated and skilled immigrants arriving in Calgary daily, but they often face barriers to gaining accreditation to work in their chosen professions," president of Bow Valley College Sharon Carry said.

The program officially launched yesterday, and Suja Thomas, who was educated in India, said she finds it very informative.

"The study groups at Directions help me stay organized and focused," said Thomas, who came to the city last July. "During the group sessions we have the opportunity to discuss and share information."

KRISTA SYLVESTER/METRO CALGARY

User-pay clinic draws ire

Friends of Medicare blasts Copeman's membership fee

KRISTA SYLVESTER
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The operators of a health-care centre that opened amidst a firestorm of controversy yesterday want Calgarians to know they are "friends of Medicare, too."

Don Copeman, the founder of the B.C.-based Copeman Healthcare centre, attended a Friends of Medicare conference in the face of scrutiny and accusations to defend the clinic and answer questions.

"I can understand why people are upset, but I think a lot of it is misinformation. It's OK if they disagree with it, but I'm just trying to do something about the deterioration of the public system," Copeman told Metro.

The controversy surrounds the membership fee of $3,900 for the first year and $2,900 annually afterwards, which would allow members access to health care professionals. Copeman says members are paying for services that they would pay for anyway.

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ROBIN KUNISKI/FOR METRO CALGARY

Protesters gather in front of the Copeman Healthcare Centre in Calgary, rallying against the new user-pay clinic that opened up last week.

But many, including Friends of Medicare executive director David Eggen, are worried about a "two-tier" health-care system.

"It's an accessibility problem. It goes against the spirit (...) of health care for everyone."

While dozens of people were chanting "health, not wealth" and waving signs in a protest walk to the centre on 12th Avenue and 5th St. SW, Copeman said he isn't doing this for money.

Copeman and his wife have four kids between nine months and eight years old, and faced an emotional journey when their oldest, Max, was diagnosed with severe autism.

"We were on a waiting list for two years before we could even assess his condition on the front lines. It's inconceivable. I knew something had to be changed, so I did something."

OnlineVideos
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City urges not to dump leaf waste

DROP-OFFS Leaves are swiftly overtaking grass and Calgary's waste and recycling services are encouraging city residents to refrain from dumping them into landfills.

From Sept. 20 to Nov. 9, Calgarians can dump their bagged leaves and Halloween pumpkins at 34 seasonal drop-off locations, or at three landfills across the city, to minimize greenhouse gas emissions caused by buried organic matter.

For those putting bags out for regular garbage collectors, a five-bag limit will be imposed so collection routes stay on schedule. Go to www.calgary.ca for more details. METRO CALGARY

metronews.ca
What's online today.

Watch as a local autistic boy places third in an international composition contest with his song The Rhythm of E., and Calgary's oldest community garden has been designated a historical resource, saving it from development at www.metronews.ca/local
Read Allan Small's breakdown of last week's Wall Street drama at www.metronews.ca/live

Two charged in Evergreen house crash

Two people have been charged after a stolen vehicle crashed into a home shortly after midnight on Monday in the southwest community of Evergreen. Kera Freeland, 18, and a 17-year-old were both charged in the incident. METRO NEWS SERVICES

Bike share a no-go: Council

NEIL MACKINNON
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Before any momentum could be built up on a bike share plan, city council slammed on the brakes.

The plan, which would have seen the city either buy bikes or tender private companies to supply them at locations throughout Calgary's core, fell flat on council chambers' floor Monday in a tied vote.

"It's just one more option for public transport," said Ald. Druh Farrell, who authored the motion requesting a report into the viability of a bike share program. "I don't know what we're afraid of, afraid of it working?"

Ald. Druh Farrell

Added Ald. Brian Pincott. "It is about more than riding your bike, it is ultimately about how we want our city to grow."

Under the plan, which may have cost up to $500,000 to run, cyclists would buy membership cards and use them to swipe out borrowed bikes.

"There are different needs in different cities and I'm not sure this is one where congestion has got to a point where bikes of this order would be necessary," said Ald. Dale Hodges, who voted against the measure.

Most of the debate centred around whether the city should undertake the delivery of the program, as opposed to encouraging the private sector.

ROBIN KUNISKI / METRO CALGARY

This woman was one of three people removed from a home at 103 Scarboro Ave. SW after a male was stabbed and taken to hospital with non-life threatening injuries yesterday afternoon.

Stabbing shows "no boundaries" to city crime: Mar

KRISTA SYLVESTER
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A stabbing yesterday at a known crackhouse just doors down from a city alderman's home yesterday is proof that crime is a city-wide problem, he said.

Metro broke news of the stabbing to Ald. John Mar of Ward 8 at around 4 p.m. in the community of Scarboro.

"Of course it is concerning," Mar said. "The fact that it has occurred just steps away from an alderman's house is an indication crime is a city problem and knows no boundaries."

Police are investigating the stabbing, in which a man was taken away in non-life threatening condition. Duty Inspector Dave Wood confirmed police were called to a known drug house.

"Sue," a mother of two, was walking her son to a friend's when police screeched to the house. She wasn't surprised when they pulled up to the area.

"I was scared — I thought, 'We need to get out of here'. I expected gunshots to ring out. That's how scary it has gotten around here," she said.

Police didn't have anyone in custody as of last night.

News in brief

CONTEST A whack of cash is set to line the pockets of Calgary's soon-to-be-crowned hottest band. On Wednesday around midnight, $200,000 will go to either the Dudes, Zoo Lion, Static in the Stars, the Shagbots or the Matt Blais Connection, as part of Fuel 90.3 FM's Big Rock Star contest for local acts at Snatch Rock n' Roll Lounge.

TOURISM Globalfest, the city's own international fireworks competition and festival, was ranked one of the top 100 events in North America for 2009 by the American Bus Association (ABA). The title is voted on by a tourism industry committee, and the list of winners will be published in the September/October issue of Destinations magazine.

POLICE City cops are encouraged after a joint forces commercial vehicle check showed a five per cent decrease in the number of out-of-service vehicles since the last inspections in spring. Sgt. Blake Somerset said that the increase is encouraging because the numbers had been higher-than-average recently, and he hopes the trend continues downwards.

METRO NEWS SERVICES

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Golf tournament donates record $72,000 to Youville Residence Society
The Peanut Butter Classic annual ladies-only golf tournament donated $72,000 to the Youville Residence Society of Alberta, which helps women recover from abuse, addictions and mental health distress. METRO CALGARY

Retailers tell different story from StatsCan

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While Statistics Canada released numbers yesterday singling out Alberta as the only province with a drop in retail sales, shoppers and retailers are saying otherwise.

The agency said retail sales in the province declined 0.9 per cent from July 2007 to July 2008 while the national rate increased 4.9 per cent, leaving Alberta as the only province with a decrease.

Peggy Lyn, spokeswoman for Chinook Centre, said she hasn't noticed a downwards trend, adding that their numbers have actually gone up from August 2007 to August 2008 by two per cent.

"We haven't seen a decline in sales here at Chinook," she said. "Calgary is a great retail market."

While the Statistics Canada numbers may be down, Calgary is no slouch in the retail market. Alberta sales were still at $5.112 billion in July 2008.

Sunridge Mall shopper Simone Cockriel was surprised to hear about Statistics Canada's findings.

"I have a family and we have been doing more shopping because we have to buy so much for the kids, back to school shopping and all that," she said.

Saskatchewan led all provinces with a 12.4 per cent annual jump.

ROBIN KUNISKI/METRO CALGARY

Chelsea Norden, 20, and Ali Blair, 20, have no problem hitting Chinook Centre in Calgary to shop despite a Statistics Canada report saying that Alberta retail sales are dwindling.

News in brief

BLAST A propane-tank explosion at the Oilfields hockey arena forced the evacuation of Black Diamond residents yesterday.
RCMP said firefighters had found a propane leak from a valve attached to a propane bottle in a parking bay ignited, causing the blast. No one was injured.

CHARITY The Brazilian Community Association of Alberta is setting up a donation account for Jose Neto, the innocent victim of a shooting last week that cost him both his eyes.
METRO CALGARY

Council gives approval to green motion

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Green development may become the new norm.

City council gave their stamp of approval to a joint motion by aldermen Druh Farrell and Bob Hawkesworth yesterday, which is looking to increase the quality and quantity of sustainable buildings in the city, possibly by fast-tracking building permits.

"It's giving our administration a mandate to do this, over the long term, by more fully engaging the private sector, where most of these buildings, a large majority of them, are in private ownership," Hawkesworth said.

"We need to develop a strategy that works with them to see the benefits of green buildings."

Calgary planning general manager David Watson said work is already underway to encourage industry to take up more green buildings.

The motion would simply try to consolidate the efforts under one umbrella.

A report on implementation will come back to the committee level in February.

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Police may have bought ticket for suspect in Greyhound stabbing
A man arrested for allegedly stabbing a Greyhound passenger Sunday was put on the Ontario bus by police hours before the attack, passengers said yesterday. **SOURCE: CBC NEWS ONLINE**

Canada

Meltdown hits home

Economy stresses Canadians, experts say to relax

JIM REYNO
jim.reyno@metronews.ca

"Every five years, 10 years, there will be some circumstance ... and you'll panic and call me and think your world is coming to an end, as usual." Rhonda Sherwood

It adds up, then it takes away. A few extra cents for bread, a little more for gas, higher insurance fees — all part of the ever-increasing cost of living.

But it's not really about cost of living, it's about quality of life. More money for the essentials means less for the fun stuff — vacations, dining out, lower-bowl seats at a concert.

All work and no play — you know the rest.

And Canadians are concerned, more concerned than ever given the financial meltdown in the U.S.

According to an exclusive worldwide Metro readers poll, 65 per cent of Canadians are worried about the cost of living. That makes us the third most stressed nation, behind Portugal (83 per cent) and the U.S. (82 per cent).

According to experts, the worry is warranted.

"A lot of what's happening on the world scale right now has really affected one's quality of living and inflation is a huge part of that," said financial planner Rhonda Sherwood of ScotiaMcLeod in Vancouver. "So, I do see that as a concern."

The cost of living is the biggest financial-crisis concern Canadians have, according to the poll. About 36 per cent are worried about their savings, ranking Canada fourth of the nine countries surveyed. We're fifth when it comes to concerns over job loss (16 per cent).

On the bright side, most respondents think their money is safe for now, but are monitoring the situation, placing Canada fourth (58 per cent). Thirty per cent of us have total confidence and plan to change nothing, putting us fifth.

As for advice on how to handle the crisis, Sherwood says having a diverse, quality portfolio is the way to go. And relax.

"Every five years, 10 years, there will be some circumstance out there that will happen and your money will take a huge drop and you'll panic and call me and think your world is coming to an end, as usual," said Sherwood. "I've been in this industry 20 years — it happens over and over again.

"What you're feeling right now is the emotion of the market. But long term, you're fine. Long term, it's a good time to be buying right now — that's what I'm doing."

A total of 2,255 readers participated in the poll, including 130 Canadians.

N.S. bust nets $7.5M worth of hash oil

HALIFAX Twelve people are in jail and three-quarters of a ton of hash oil worth as much as $7.5 million has been seized after a late-night drug bust on the coast of Eastern Shore.

RCMP say a boat they believe sailed from the Caribbean was unloading the drugs early Sunday morning when police raided the operation.

In total, 750 kilograms of hash oil bound for central Canada was found.

"It's four in the morning, you're sailing your ship … and to find a 5,000 ton warship very close with guys in black suits jumping on your boat," said Cmdr. Bob Auchterlonie of the HMCS Fredericton. "To say 'surprised' would be a bit of an understatement."

Police would not put a dollar value on the haul, but three hash users contacted by Metro said a gram of hash oil typically sells for $10. That puts the value of the drugs at $7.5 million. **METRO HALIFAX**

Quebec **Car Free Day**

CHRISTINNE MUSCHI/REUTERS

Bloc Québécois leader Gilles Duceppe, centre, participates in World Car Free Day in Montreal yesterday. The city closed a large area of downtown to traffic from 9:30 a.m. to 3:30 p.m.

News in brief

TAINTED MILK Ottawa has expanded how many imported products will be monitored for tainted Chinese milk ingredients, but initial testing of infant formula has discovered no problems, the government said yesterday.

BUST A plantation of 40,000 marijuana plants has been discovered by police in a cornfield in eastern Ontario, CBC News Online reports. The Ontario Provincial Police described the bust as "the largest in Canada's history." **METRO NEWS SERVICES**

Fake Harper e-mails under investigation
The RCMP and Canada's electronic counter-espionage agency have been called in to investigate after someone sent out two fake e-mails under the name of Stephen Harper to subscribers of the prime minister's website mailing list. CBCNEWS.CA

Election 2008

308

The numbers are in for candidates running across the country after parties had until 5 p.m. yesterday to file their nomination papers in 308 federal ridings.

CONSERVATIVES: 307
The Tories chose not to run a candidate against colourful independent MP and former radio host André Arthur in the Quebec City area riding of Portneuf-Jacques Cartier.

LIBERALS: 307
The Liberals are not running a candidate against Green party Leader Elizabeth May in the Nova Scotia riding of Central Nova.

NEW DEMOCRATS: 308
(a full slate)

BLOC QUÉBÉCOIS: 75
(a full slate in Quebec)

GREEN PARTY: 306
The Greens are not running candidates against Liberal Leader Stéphane Dion in his Montreal riding of St. Laurent-Cartierville or popular independent MP Bill Casey, a former Conservative who May has dubbed an "honorary Green" running to keep his seat in the Nova Scotia riding of Cumberland Colchester Musquodoboit Valley.

TORSTAR NEWS SERVICE

Controversy

Ex-Tory candidate under scrutiny

HALIFAX The failed Conservative candidate for the Halifax riding is now without a job and being investigated by her charity for "financial irregularities."

Rosamond Luke stepped down as a Tory candidate when it was revealed she had been convicted of uttering death threats.

At the time the charity she founded, All Women's Empowerment and Development Association (AWEDA) issued a statement supporting Luke.

Now AWEDA chair Brenda Saunders/Todd says Luke lied to them by saying the threats were due to her divorce. When AWEDA discovered the claim was false, they suspended Luke with pay and began an investigation.

That led to the discovery of financial irregularities under Luke's watch. Yesterday she was suspended without pay.

PAUL MCLEOD/ METRO CANADA

21 days remain until the 2008 Canadian federal election

Uncle Sam and the bridge to nowhere

National**Report**

Lawrence Martin

The state of the American union? You don't want to think about it. But as Canadians, we have no choice.

Wall Street? A basket case. Weapons of mass destruction all over the place.

Deficit and debt? Off the charts.

Housing market? Shambles.

Dollar? Falling.

Energy dependency? Worse than ever.

Global reputation? The pits.

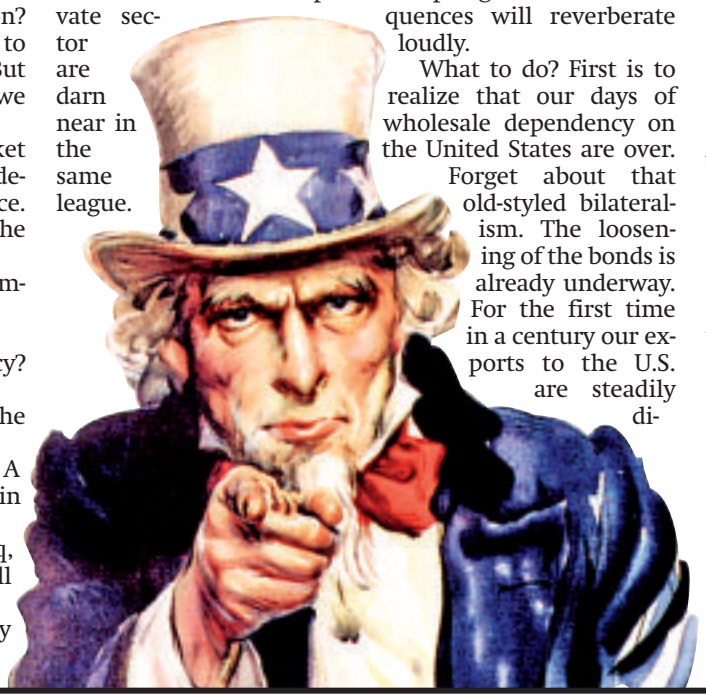
Quality of presidency? A lead candidate for worst in history.

War and peace? Iraq, Afghanistan. Osama still at large.

Culture? Increasingly trashy.

Sarah Palin, John McCain's Veep pick, keeps talking about the bridge to nowhere. She might be on to something.

With George W. Hopeless as president, we knew their public sector was being turned into a wreck. Now we're discovering that the financial titans of the private sector are darn near in the same league.



Canadians who like to think we do things better up here will be feeling vindicated. We are spared the aforementioned afflictions. But there are obviously other things to be considered, starting with the pocketbook. The United States has been our bridge and if it's collapsing the consequences will reverberate loudly.

What to do? First is to realize that our days of wholesale dependency on the United States are over. Forget about that old-styled bilateralism. The loosening of the bonds is already underway. For the first time in a century our exports to the U.S. are steadily diminishing. The border is not disappearing as John Turner once predicted. Washington's security paranoia sees it being ramped up. Presidential candidates are bashing NAFTA.

Canada has come of age, is less colonially minded, is greatly empowered by its energy resources. Huge new markets are out there. It's time, finally, to get the eggs out of one basket.

As it has in the past, America will eventually get back on its feet. But unlike the last half-century, when it had no challengers to its paramountcy, a new megapower, China, is emerging. The old order, as we knew it, will never return.

Given our economic dependence on the U.S., that's a danger. But it's also an opportunity. A chance to be less beholden, to diversify, to build new bridges, to chart our own way.

Lawrence Martin is a Globe and Mail correspondent and author who writes about national affairs from Ottawa.

Law & Order

Stephen Harper

Harper talks tough on youth crime

PROPOSAL Conservative Leader Stephen Harper played the law-and-order card, seeking to tap into Canadians' fear of gang violence and street crime by proposing a crackdown on youth offenders.

Accusing previous governments of being soft on crime, Harper said, "We have been going in the wrong direction for 30 to 40 years in this country and it is going to take some time to get this turned around."

Under his proposed law-and-order legislation, for the first time in modern Canada judges would have the option to sentence youths aged 14 and older to life in prison if they are convicted of first-degree or second-degree murder.

TORSTAR NEWS SERVICE

Families try to ignore mud slinging: Krieber

JEFF HODSON
Metro Canada

The mud, tar and occasional puffin poop slung during a federal election can be rough on a politician's family, the wife of Liberal Leader Stéphane Dion said yesterday.

"It was painful at the beginning," said Janine Krieber, Dion's wife, in Vancouver.

"I don't think you get used to that. You just ignore it. You have to ignore that. Just to do your life."

Krieber, 53, a professor of international relations and strategic studies at the Royal Military College of Canada, got her first taste of mud in the political cartoons following the 1995 sovereignty referendum.

In 1996, Dion was recruited by prime minister Jean Chrétien to promote federalism in Quebec.

Krieber said the attacks and negative personal campaigning are common among families of people seeking public office.

RAFE ARNOTT/METRO CANADA

Janine Krieber, Stéphane Dion's wife, discusses the effect political life has had on her personal life in Vancouver yesterday.

"I work with partners of Members of Parliament and each of them has a story about how ill-treated their spouse has been during an election."

Among the current (non-puffin) attacks is a suggestion that Dion is a weak leader.

"It's totally untrue," Krieber said. "It's totally an invented character.

"The worst thing is that it sticks. When you repeat, and repeat and repeat lies and lies and lies it seems to become true. I hate that. … There's just no respect for the intelligence of the average Canadian."

Platform

Dion pledges to balance books

STRATEGY Liberal Leader Stéphane Dion is asking Canadians to trust him with a campaign promise to take $40 billion from their pockets in the form of carbon tax and give it back in tax cuts.

That pledge is at the heart of the Liberals' election platform unveiled yesterday, a strategy that attempts to woo voters with new spending programs and tax cuts totalling $55 billion over the next four years.

But Dion gave his word that his party's Green Shift strategy — which would hike the cost of fossil fuels — would be revenue neutral.

Despite ambitious multi-billion-dollar campaign promises, Dion insisted yesterday a Liberal government would balance the books, thanks to various initiatives, including the carbon tax that would bring in $40 billion in revenues and $12 billion in so-called government efficiencies.

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Ex-U.S. official admits passport snooping
A former U.S. State Department employee pleaded guilty yesterday to illegally snooping on about 200 confidential passport files of politicians, celebrities and others, the Justice Department said. Lawrence Yontz, 48, faces up to one year in prison and a $100,000 US fine. REUTERS

World

Age of rings questioned

Saturn's rings may be more massive and older than previously thought, researchers said yesterday. Findings to be presented at the European Planetary Science Congress in Germany bolster the possibility that the rings were formed billions of years ago. REUTERS

Tourists seized in Egypt

Gunmen kidnap 19 people, including 11 Westerners

Masked kidnappers have taken 19 people hostage, including Western tourists on safari in a remote desert border area of Egypt, and whisked them over the frontier into Sudan, Egyptian officials said yesterday.

The kidnapping was the first of its kind in Egypt in living memory, though Islamic militants have hit the country's tourist industry in recent decades with bomb and gun attacks that have killed hundreds.

Security sources said the kidnappers were demanding $8.8 million US to free the hostages, identified as five Italians, five Germans, a Romanian and eight Egyptians. They said there was no sign militant Islamists were involved.

"They have been kidnapped and they have been moved outside the Egyptian borders by four criminals who have kidnapped them," said Tourism Minister Zoheir Garrana. "This is a gang act (by) masked men."

Garrana told Egyptian television the kidnappers were "most likely" Sudanese.

There were contradictory reports about the fate of the hostages. Egypt's foreign minister, Ahmed Aboul Gheit, said at the United Nations that the tourists had been freed and were safe and sound, but officials later said that was not the case.

"It is premature to say they are released. The negotiations are still continuing," cabinet spokesman Magdy Radi said. Egypt's state news agency MENA also said talks were still under way, citing an unnamed official.

MENA reported that the tourists had spent the night of Sept. 16 in a hotel in Dakhla oasis in Egypt's Western Desert before heading out toward the Gilf al-Kebir national reserve. They had been due to reach another oasis on Saturday to end their tour, but never made it. REUTERS

Nearly 13,000 in hospital as China milk crisis grows

HEALTH The number of Chinese infants sick in hospital after drinking tainted milk formula doubled to nearly 13,000 and the country's top quality regulator resigned yesterday in the latest blight on the "made-in-China" brand.

Four deaths have been blamed on the toxic milk powder, which causes kidney stones and agonizing complications.

A total of 104 of the 12,892 hospitalized children were in a serious condition. More than 1,500 had already left hospital and nearly 40,000 with milder symptoms.

The official Xinhua news agency said in a brief statement that the country's quality chief, Li Changjiang, had quit in light of the case.

"Li was the highest ranking official brought down so far by the dairy product contamination scandal," it said.

The Communist Party chief of Shijiazhuang, home to the Sanlu Group that is at the centre of the scandal, has also been fired, Xinhua said, the latest official to lose their job for mishandling the incident. REUTERS

Fears spread

- Brunei, Singapore, Malaysia, Hong Kong, Taiwan, Japan, Bangladesh, Gabon, Burundi and the Philippines are some of the countries testing Chinese dairy products or pulling them altogether.

News in brief

PAKISTAN Gunmen kidnapped Afghanistan's top diplomat to Pakistan yesterday after killing his driver, underscoring worsening security in the country two days after a suicide bomber killed 53 people. British Airways said it had suspended flights to Pakistan because of security fears after the Saturday attack on Islamabad's Marriott Hotel. Arabiya TV reported that the little-known group Fedayeen Islam has claimed responsibility for the bombing.

MURDER Four Sudanese men accused of killing a U.S. aid worker funded the murder with a donation from a Saudi Arabian man and money left over from a failed bomb plot, the Sudanese police's chief investigator told a court yesterday. The four men are charged with murdering John Granville, 33, and his driver, Abdelrahman Abbas Rahama, 39. REUTERS

Thailand 'Ruff' sailing as flood waters rise

SUKREES SUKPLANG/REUTERS

A woman takes her dogs to safety through flood waters yesterday in Thailand's Lopburi province, about 150 kilometres north of Bangkok. Flash floods have damaged rice fields in northern Thailand recently but it is too early to say how the main crop will be affected, officials say.

Taliban abducts over 140 Afghan labourers: Official

AFGHANISTAN Taliban insurgents have abducted more than 140 labourers involved in the construction of a military base in Afghanistan's western province of Farah, the provincial governor said yesterday.

They were seized by suspected militants on Sunday while travelling in three buses on a road in Bala Boluk district of Farah, governor Rohul Amin told Reuters. He added that authorities were trying to negotiate their release.

Both Taliban and criminal gangs are active in the area.

"Negotiations are under way by elders to release the innocent workers. We want to solve this issue peacefully without involving the military," Amin said.

A Taliban spokesman said he was not aware of the report of abduction by the militants.

A village elder who is involved in the negotiations said a powerful Taliban commander in the area was behind the abductions. REUTERS

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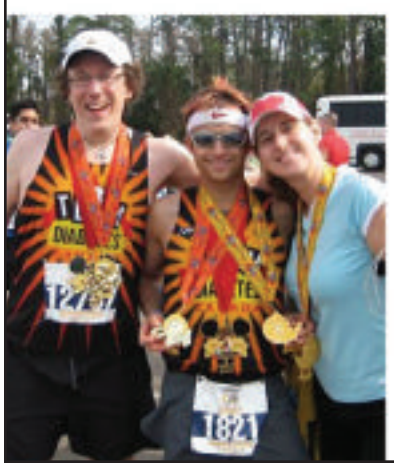

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Game maker wins patent battle over slot machines
Gaming products maker Aristocrat Technologies won a patent battle with International Game Technology over infringement of two patents used in slot machines yesterday, as an appeals court tossed out a lower court's ruling in IG's favour. REUTERS

Business

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EDITOR: FERMIN DESOUZA, FERMIN.DESOUZA@METRONEWS.CA

Business in brief

ECONOMY Canadian retail sales inched up just 0.1 per cent in July, a sign that consumer spending is slowing due to high prices and the economy.

DEPARTURE Sallie Krawcheck, head of Citigroup Inc.'s wealth management unit, will step down from the company.

APPOINTMENT Australia's Francis Gurry will start Oct. 1 as the new head of the World Intellectual Property Organization. REUTERS

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Bailout doubts

Industry debates plan's viability

The planned $700 billion US bailout to shore up the battered U.S. financial system looked set to drag into next week as Washington lawmakers haggled over how exactly they could make Wall Street pay for its rescue.

Stocks and the U.S. dollar tumbled yesterday as emerging details of the plan left many players skeptical that the rescue — which would give the Treasury Department powers to buy up toxic mortgage-related debt from financial groups — would work.

"The big detail we want to know is how is the government going to buy these securities, and what they will pay, how that reverse auction will work," said Giri Cherukuri, head trader at OakBrook Investments. "And the big question is, 'Will this bring us out of the woods?'"

A day after America's last two big investment banks, Goldman Sachs and Morgan Stanley, ended Wall Street's swashbuckling era by securing Federal Reserve approval to become commercial banks, all eyes shifted to Washington.

U.S. Treasury Secretary Henry Paulson and Fed Chairman Ben Bernanke start a second day of congressional hearings today to hasten approval of the bailout. REUTERS

CEO pay cuts?

High CEO pay is the hot issue as lawmakers propose buying up toxic mortgage securities and banks, whose executives are among the highest paid in Corporate America despite big losses.

Photokina **A photogenic kitty**

REUTERS/INA FASSBENDER

A model displays the Canon EOS 5D MarkII one day before the opening of the Photokina 2008 World Fair for Imaging in Cologne yesterday. The Photokina Fair runs until Sept. 28.

Market squeeze could hurt wireless sector

WIRELESS Tight debt and equity markets mean that newcomers to Canada's wireless sector could be delayed in launching services to compete with the Big Three carriers, analysts say.

Obtaining financing to build a network could prove difficult because of the meltdown in the U.S. financial services sector.

This could hinder newcomers from becoming competition, a key aim for the auction. REUTERS

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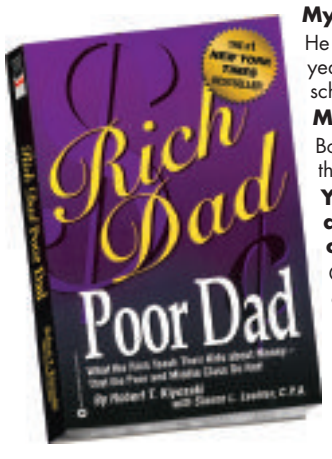

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EDITOR: NINA DRAGICEVIC, NINA.DRAGICEVIC@METRONEWS.CA

Solace in a recession

SmartCookies

smartcookies.com

With gas prices on the incline, the job market on the decline and signs of the real estate market softening, a feeling of discouragement is to be expected.

As times get tougher, reigning in our spending and paying down our debt should be our first strategy when it comes to recession proofing. However, in the face of adversity, there is always opportunity. In true Smart Cookie style, we have chosen to focus on the silver lining of this black financial cloud. Below are some tips on ways you can capitalize on our current financial climate:

Stock Up On Small Cap Stocks

Drops in the financial markets may present opportunities for your investment portfolio and educating yourself around some of the best prospects for investment can be as easy as looking to the past.

Recent research by MZ Capital Management found that three years after the past nine recessions, small cap stocks outperformed large cap stocks by nearly 50 per cent. This comparison looked at the performance of the S&P 500, which reported an average return over a three-year period of 28.2 per cent versus 76.2 per cent for the Fama/French Small Cap Value benchmark portfolio.

Of course, before making any investment decisions, we recommend that you do your research, speak to your financial planner or someone you know who is knowledgeable when it comes to investing.

Get On board Cruise Travel

Even amid soaring fuel prices, the cruise industry has been offering competitive packages to entice North American travellers to get into cruise travel. If you are looking to get away, why not take advantage of one of these deals? Many cruise lines are even offering discounted or free airfare as well as the option for kids to sail free. A spokesperson at Expedia Cruiseship Centers says that cruising prices are at a three year low, with current deals available for as little as $500 for a Royal Caribbean Cruise.

"... Home renovations and repairs are the one area where we are likely to see prices decrease instead of just freeze."

Renovation Jubilation

Although the assessed value of your home may not be as high as it was a year ago, now may be a great time to consider renovations. Sound crazy? In a softer economy, wait times on construction projects generally drop and trades people, who are more likely looking for work, are often willing to barter.

According to the Consumer Association of Canada, home renovations and repairs are the one area where we are likely to see prices decrease instead of just freeze.

Questions? E-mail smartcookies@metronews.ca.

Tune in Wednesday night at 9 p.m. EST/PST on the W Network and be sure to visit smartcookies.com for more tips.

Investing

Allan Small

How is the U.S. government's financial bail-out going to affect the markets? Read this week's column at metronews.ca

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Stocks: Risky business

MoneyMatters

Henry Choo Chong

choochonghcga@yahoo.ca

Q My wife and I have several thousand dollars invested in Guaranteed Investment Certificates. This will be used to buy our first home. GIC interest rates are low. I believe we can get greater returns in the stock market. Many stocks have historical returns of 10-15 per cent returns. My wife disagrees and wants nothing to do with them. Is this the right time to buy Canadian stocks while they are low? Vince

A These are very tumultuous times. Last week's stock market's rollercoaster ride is a reflection of uncertainty in the market. The U.S. financial meltdown has global implications and not just restricted to North America.

Speculation in the current market is not for individuals that cannot afford to lose a large portion of their investment. With our so-called stock experts reeling and baffled, this may not be a place for an unsophisticated investor. Most stock experts agree, investors in the market should not panic to sell if they are in for the long-term. GICs are not as exotic or adventurous as stocks but the interest is guaranteed and principal safe. If you need your savings in the short-term, the stock market is not for you.

Henry Choo Chong, CGA, provides professional accounting and taxation solutions: choochonghcga@yahoo.ca.

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Eagles' Westbook listed as day-to-day
Philadelphia Eagles head coach Andy Reid listed star running back Brian Westbrook as day-to-day with a strained right ankle at press conference yesterday. Westbrook left Sunday's 15-6 win over Pittsburgh after suffering the injury on the first play of the second quarter. METRO NEWS SERVICES

Sports

2010 World Cup mascot unveiled

The mascot for the 2010 World Cup in South Africa was unveiled in Johannesburg yesterday, with Fifa opting for a leopard named Zakumi, left, for the showpiece football tournament's first visit to Africa. The name is a composition of "ZA", standing for South Africa, and "kumi" translating into "10" in various languages across Africa.

METRO NEWS SERVICES

EDITOR: SPORTS@METRONEWS.CA

CFL has itself a messy week

YorkReport

Marty York

marty.york@metronews.ca

The CFL has provided better football this season than it has in years, possibly decades, but this past weekend was less than winsome for the league.

In fact, it was downright disastrous. All four games produced negative story lines. Consider:

Friday night: The Tiger-Cats lost to the Winnipeg Blue Bombers in Hamilton after botching a snap on a short field-goal attempt in the dying seconds. Not a bad game, especially for greenhorn backup Quinton Porter, who'll likely replace Casey Printers — the CFL's highest-paid player — as Hamilton's starting quarterback.

Thing is, the Ticats made a terrible choice to black out TSN's game broadcast in parts of Southern Ontario, preventing the area's viewers from seeing an emotional farewell to CFL legend Ron Lancaster, who died last week, as well as tributes to Doug Flutie, Michael 'Pinball' Clemons, Mike Pringle and other luminaries inducted into the Canadian Football Hall of Fame in Hamilton.

"Black out any game you want," said Mike Morreale, marketing chief for the CFL Players Association, "but not when we're honouring the men who made this league."

Saturday night: The Argonauts were thoroughly dominated by the Stampeders in a 34-4 rout in Calgary. Four measly points is inexcusable in the high-scoring CFL. And painfully dull.

Since Don Matthews resurfaced as the Argos' coach, his team has been outscored 73-13 in two games. Pathetic.

Saturday night: The Lions were beating the Roughriders in Saskatchewan when fans decided to pelt beer cans at the B.C. bench. The team left the sidelines briefly.

The CFL is investigating and likely will beef up stadium security. As well, it'll start penalizing home teams for fans' misconduct of this nature.

"Even (Lions receiver) Jason (Clermont is) embarrassed to say he was born and raised (in Regina)," B.C. kicker Paul McCallum said. "I don't know what the fans are thinking. It's a football game. We're on the sidelines trying to work. Can you imagine if I go to some guy's work and … start firing projectiles at him? Where's the common sense? I don't get it."

Sunday: The Eskimos fumbled five times and equalled the Argos' ineptitude by producing a mere four points against the Alouettes in Montreal's 40-4 slaughter.

Coach Danny Maciocia called his team's performance "terrible" and its worst since he joined Edmonton in 2002.

Also terrible was the fact the game was aired on TSN2, which isn't carried by English Canada's largest cable distributor, Rogers.

Mind you, considering what a fiasco this mismatch was, perhaps depriving so many viewers from watching it was the most positive development for the CFL on the weekend.

Marty York has been a groundbreaking sports columnist and broadcaster in Canada for decades.

Matthews on a cold streak

• Don Matthews has lost eight of his past nine games as a CFL head coach. On Saturday, his Argonauts are in danger of losing their third consecutive game by 30 points. The Calgary Stampeders are 10-point favourites in Toronto.

Sports in brief

MONTREAL Vladimir Sobotka and Marco Sturm each tallied twice as Boston crushed Montreal, 8-3, in the preseason opener for both clubs at Halifax Metro Centre. The Bruins broke open a 1-1 tie by scoring four times in the second period, including a pair with the man advantage.

OTTAWA Henrik Lundqvist stopped all 12 shots he faced in two periods, as the New York Rangers edged the Ottawa Senators, 2-1, in preseason action. Veteran Petr Nedved and Lauri Korpikoski lit the lamp for the Rangers, who finished last season as the fifth seed in the Eastern Conference.

TORONTO The Toronto Maple Leafs got off to a surprising start as they defeated the Buffalo Sabres, 7-4, in front of their home crowd. Dominic Moore had two goals and Carlo Colaiacovo had a goal and an assist in the Leafs win.

METRO NEWS SERVICES

Edmonton Oilers **Scrappy start**

DAN RIEDLHUBER/REUTERS

Vancouver Canucks' Rob Davison, left, and Edmonton Oilers' Hans Benson share a disagreement during the second period of their game in Edmonton yesterday. The Oilers gave up a late third period goal and fell to the Canucks 4-3 in a shootout.

SCOREBOARD

MLB

YESTERDAY'S RESULTS

AMERICAN LEAGUE
Cleveland 4 Boston 3
Kansas City 6 Detroit 2
Tampa Bay 4 Baltimore 2
Oakland at Texas
L.A. Angels at Seattle

NATIONAL LEAGUE
Chicago Cubs 9 N.Y. Mets 5
Cincinnati 7 Florida 5
Philadelphia 6 Atlanta 2
Arizona 4 St. Louis 2

TODAY'S GAMES

AMERICAN LEAGUE
Tampa Bay at Baltimore, 3:05 DH
Cleveland at Boston, 5:05
Kansas City at Detroit, 5:05
N.Y. Yankees at Toronto, 5:07
Oakland at Texas, 6:05
Chicago Sox at Minnesota, 6:10
L.A. Angels at Seattle, 8:10

NATIONAL LEAGUE
Atlanta at Philadelphia, 5:05
Chicago Cubs at N.Y. Mets, 5:10
Florida at Washington, 5:10
Cincinnati at Houston, 6:05
Pittsburgh at Milwaukee, 6:05
Arizona at St. Louis, 6:15
San Diego at L.A. Dodgers, 8:10
Colorado at San Francisco, 8:15

CFL

WEST DIVISION

	W	L	T	PTS
CALGARY	8	4	0	16
Saskatchewan	8	4	0	16
Edmonton	7	5	0	14
B.C.	7	5	0	14

EAST DIVISION

	W	L	T	PTS
Montreal	8	4	0	16
Winnipeg	4	8	0	8
Toronto	4	8	0	8
Hamilton	2	10	0	4

WEEK 14

FRIDAY'S GAME
Edmonton at Winnipeg, 6

SATURDAY'S GAMES
CALGARY at Toronto, 5
Hamilton at B.C., 10

SUNDAY'S GAME
Saskatchewan at Montreal, 11

NFL

WEEK 3

LAST NIGHT'S RESULT
San Diego 48 N.Y. Jets 29

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SPECIAL FEATURES EDITOR: STEPHANIE BOMBA, STEPHANIE.BOMBA@METRONEWS.CA

The great protector

Insurance is all about being prepared, as a boy scout might say.

When you're listing off interesting subjects, insurance might rank with "best cities in Canada to watch the grass die," but we rely on insurance to get us through our lives on a day to daily basis, without giving it much thought. It protects you, your family, your possessions and your business. In fact, without insurance, it's pretty safe to say that life as we know it would be much different.

Insurance can protect you and your family.

Canadians know how important it is to hedge against potential losses. Insurance is the family's fifth-largest expenditure, according to Statistics Canada. Canadians spend more than $40 billion on insurance every year, according to stats from the Insurance Bureau of Canada and the Canadian Life and Health Insurance Association. An expensive proposition to be sure, but policy holders know it's money well-spent should a basement flood or a sound system be stolen.

Insurance comes in many forms — car, home, tenant, business, but health ranks among the most important, especially in years to come, says Mark Halpern, a certified financial planner for insurance provider illnessProtection. He argues that as the baby boom generation gets older and their health deteriorates, demands on health care will rise exponentially to a level where access to federally funded care will become even more limited.

"The most important thing to have insured is your ability to generate an income. You don't protect the egg so much as you protect the goose that laid the egg," he said. "The reality of which people must be aware, and not enough are, is that we're living longer, and our health-care system is not prepared for it. The government will not be able to take care of the elderly. People need a guarantee."

"The government will not be able to take care of the elderly. People need a guarantee."
Mike Halpern

Life insurance is equally important in the sense that it protects your family from financial loss after you die, argues Sam Albanese, director and founder of the financial services practitioner program at Seneca College. Morbid as this may sound, you're literally taxed into the grave. Once you pass on, the government will look to those you leave to satisfy the capital gains tax. If you didn't leave enough or if you don't have some sort of final plan, it may liquidate assets that you left to loved ones, making them foot the bill for your death.

"No one dies for free. Tacky but true," he said. "Think of Ottawa as a partner, albeit silent, as you go through life. Once you die, it's not so silent. Everything you've got is taxable, and you'll need money to pay the capital gains tax. You can leave your family devastated, or you can make sure your loved ones are taken care of by leaving them in a good position."

Like any investment, with insurance, it's usually better to start sooner rather than later. Fixed rates and lower premiums come easier with younger, healthier policy holders, the experts agree. It always pays in long run, notes Halpern, to think about how you'll manage the future, and insurance makes up an integral part of your plans.

"There's almost nothing worse then financial worries," he says. "The sooner you get started, the better off you'll be."

METRO NEWS SERVICES

Car insurance myths debunked

- **Myth:** The colour of my car affects my insurance premium.
- **Fact:** Factors that determine premiums include the vehicle's year, make, model, body type and engine size. Colour is not one of them.

- **Myth:** If I use my car for work and have an accident, my employer's insurance will cover it.
- **Fact:** Your employer may reimburse you for mileage, but your own insurance provides coverage in case of an accident. If you use your vehicle for work, you should be advising your broker of this use.

- **Myth:** Parking tickets increase insurance premiums.
- **Fact:** Parking tickets do not affect insurance premiums. But a licence suspension from unpaid fines can affect your driving record, resulting in higher insurance premiums.

- **Myth:** If my friend borrows my car and has an accident, his insurance will pay for damages.
- **Fact:** If you lend your car, you lend your insurance. Any claims will be made under your policy, even if you were not involved in the accident.

- **Myth:** Auto insurance companies can charge what they want.
- **Fact:** Auto insurance is subject to significant regulatory requirements. Insurance companies must submit their automobile insurance rates to government agencies for approval.

NEWS CANADA

Five-star babies?
Australian fertility specialists aim to ease the stress out of making babies by combining their clinic with a five-star luxury resort, complete with a spa and masseurs. REUTERS

Health

Drink fewer...

One soft drink a day — even the sugar-free kind — jacked up blood pressure risk by 18 per cent, according to a 2007 study published in Circulation. Its author, Harvard Medical School instructor Ravi Dhingra, says the high caramel content in some soft drinks may promote blood vessel inflammation, which in turn increases blood pressure. High caffeine and taurine levels in energy drinks are also known to elevate heart rate. BEST HEALTH MAGAZINE/BESTHEALTHMAG.CA

EDITOR: ANN-MARIE COLACINO, ANN-MARIE.COLACINO@METRONEWS.CA

If the shoe fits ... or doesn't

Some opting for cosmetic surgery on feet

CELIA MILNE
for Metro Canada

Are you longing for a pair of high-heeled, pointy-toed boots for fall? Wish you had Sarah Jessica Parker's slender tootsies?

Use common sense to figure out whether those sexy boots in the store window are realistic for you.

Foot surgeons, especially in the U.S., are reporting that women will go to extreme lengths to get their feet into glamorous boots and shoes.

The most radical operations are toe shortening, foot narrowing, toe amputation and injecting silicone into the ball of the foot to add more padding.

Orthopedic surgeons generally don't do foot surgery unless the patient is in pain or can't function properly, but that doesn't stop some women from asking for purely cosmetic foot surgery. "Patients really want it. They will deal with the pain afterward. They want to wear that shoe," says Dr. Donald Bohay, a spokesperson for the American Foot and Ankle Society and an orthopaedic surgeon in Grand Rapids, Mich. "We don't operate willy-nilly, we want to make sure the benefit is worth the risk."

The problem is, he says, is "to make the foot prettier, you make it worse."

Risks of foot surgery include infection, nerve injury, pain, deformity and swelling that can last as long as six months.

"It doesn't make sense to put yourself at risk for something that is cosmetic," says Dr. Bohay, who has had women ask him to shorten one of their toes because their feet look bad in sandals. He always says no to cosmetic foot surgery, but fears another health-care practitioner will eventually say yes. "If someone wanted it badly enough, they could find someone to do it. It wouldn't be right, but they could find somebody."

In Canada, says Dr. Johnny Lau, president of the Canadian Orthopaedic Foot and Ankle Society, the problem exists but is less prevalent.

"It's done in the U.S. — shortening toes. I get people walking in occasionally (asking for the operation), but it is more common for Americans."

"Patients really want it. They will deal with the pain afterward. They want to wear that shoe."
Dr. Donald Bohay, American Foot and Ankle Society

Dr. Lau — like other foot and ankle surgeons — only operates on people who are in pain or who can't function properly.

"I do turn people away," says Dr. Lau, who is an orthopaedic surgeon at University Health Network in Toronto.

Dr. Lau is an advocate of designing shoes that fit the majority of the population, with wider toe boxes, for instance. He also hopes women use common sense when buying shoes.

"Expectations to get into certain shoes are unrealistic," he says.

Ironically, those he does operate on — who may have painful bunions or clawfoot — usually developed their painful condition from wearing the wrong shoes.

JUNKO KIMURA/GETTY IMAGES

The shoes of actress Sarah Jessica Parker, who is famous for wearing the type of glamorous shoes and boots some women get cosmetic surgery to fit into.

Healthy living cuts premature death risk

RESEARCH Women who heed common sense health messages about smoking, diet and exercise can cut their risk of premature death in half, U.S. researchers said recently.

Many studies look at the impact of just one lifestyle change on overall health, but researchers at Harvard University wanted to see the total impact of a healthy diet, regular exercise, a healthy weight and a lifetime without smoking. REUTERS

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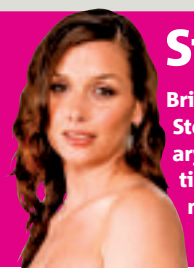
Dr. Watson goes to the Law
Jude Law is set to star in Sherlock Holmes as Dr. Watson. The actor is reportedly being lined up to appear opposite Robert Downey Jr. in Guy Ritchie's new movie based on the fictional detective. FEMALEFIRST.CO.UK

Entertainment



Stone's new love
Bridget Moynahan has been cast on Eli Stone as a love interest for the visionary title character. Thus far, the duration of Moynahan's run on the sophomore drama is unclear. TVGUIDE.COM

EDITOR: TINA COSTANZA, TINA.COSTANZA@METRONEWS.CA

DVD picks

Sex And The City
Director: Michael Patrick King
Rating: 18A

Sex and the City smartly picks up the threads the TV series left dangling when it signed off four years ago. All the main players are back — writer Carrie (Sarah Jessica Parker), sex-crazed Samantha (Kim Cattrall), sunny Charlotte (Kristin Davis) and Mensa-minded Miranda (Cynthia Nixon). They're no longer young women in their 20s and 30s, seeking "labels and love" in Manhattan, but mature women in their 40s (and beyond) negotiating the rocky shoals of life after singlehood. Genuine affection among the four women, and the pain and confusion that resides within their Victoria's Secret-clad bosoms, keeps the movie from being a feature-length ode to narcissism and greed. Oh, there's oodles to ogle — designer Patricia Field supplies upwards of 300 outfits — and there's even some sex. But SATC is more than just a fan dance around the heavy breathing and rampant consumerism. Some serious life issues being worked on result in a chick flick that's as satisfying as a steak and as much fun as a box of chocolates. The two-disc set extends the film by 12 minutes, with commentary by director Michael Patrick King.

METRO NEWS SERVICES

MoreOnline metronews.ca

Santogold takes control

BRYAN BORZYKOWSKI
for Metro Canada

For most people in the music industry, working at a major label with other bands is about as close as they'll come to rock 'n' roll glory. But, Brooklyn-based Santi White, a former A&R executive for Epic records, wouldn't settle for making other acts famous, she wanted to be in the limelight herself.

WARNER MUSIC PHOTO

Santogold's self-titled debut was released in Canada last week.

"I knew I had to do something more creative," says White, who plays under the moniker Santogold. "I didn't have the stomach for all the corporate political bulls–t. I started to get sick every time I walked into the Sony building."

With the daily grind getting to her White did the next logical thing for a music industry insider — she wrote her own album.

While her immense talent is the main reason everyone's talking about her debut self-titled disc, it helped that she knew the ins and outs of the music business. "It gave me the experience to know when to put my foot down," she says. "It enabled me to take control of my own project on many different levels, but while it's a lot more fun, it's way harder being on the other side. You don't get to leave the office at 6 p.m. every day."

Santogold's not complaining about her round-the-clock gig, it's just that she's one of the busiest new performers around.

There's a good reason the artist is in such high demand — by blending high energy indie rock, new wave and dance punk, White's created one of the most infectious rock records of the year. There's the intense club-ready Creator, which combines talkish vocals and wild electronic background noises, and the Stokes-meets-Tegan and Sara opener L.E.S. Artistes, but while the sounds are varied, the album's theme, which is generally about the need for the less fortunate to speak their mind, unifies the record.

"I write about things that are relevant to me, and it's impossible not to be influenced by the current social and political climate that is more than disturbing," she explains.

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High expectations for conjoined twins film

Robert Downey Jr. is set to direct Ben Stiller in a film about conjoined twins. The actor wants to make the movie in a bid to give Stiller the chance to win the Oscar he craves. **FEMALEFIRST.CO.UK**

In **brief**

CRASH A plane crash involving ex-Blink-182 drummer Travis Barker and disc jockey DJ AM may have been caused by a tire blowout. An official says the cockpit voice recording suggested the crew tried unsuccessfully to abort takeoff.

METRO NEWS SERVICE

Hine**Sight**

Anne Hines

IN TOMORROW'S METRO

Monkeying around politics

Rise to power on campaign trail versus jungle

The **J** Spot

Josey Vogels

Sex talk with Josey

In the jungle, female chimpanzees never rise to power. Which is why the current rise of female politicians like Hillary Clinton, Sarah Palin to the south and Elizabeth May here at home is so fascinating.

Before you think I'm trying to put lipstick on a monkey or implying that any of these women are apes, hear me out.

According to Dr. Frans de Waal, noted primatologist and author of Our Inner Ape, when you're a chimpanzee, achieving power is all about sex.

"A male can increase his reproductive success by having access to as many mates as possible," de Waal tells me over the phone from Atlanta, Ga., where he is professor of primate behaviour at Emory University. "It's not the same for females. Because they can only have one baby every six years, promiscuity doesn't increase her chances for reproduction."

But while female chimps do not rise to power, female Bonobos on the other hand rule collectively. They band together to dominate males.

For woman to be successful they need to have female support, says de Waal. With someone like Hillary Clinton, who is past her reproductive years, this is easier as she is no longer competition to younger women still needing access to males to reproduce.

"(Republican vice-presidential nominee) Sarah Palin surprises me because of her age," says de Waal. "I'm curious to see what will happen. My guess is that women will see her as competition if men find her sexy."

When I wonder what he makes of Green party Leader Elizabeth May's recent power coup here in Canada, muscling her way into the leadership debate, de Waal says this was probably tolerated because ultimately, she is not seen as a threat.

Sarah Palin

Election 2008

It will be interesting to see how the increasing number of women on the power playing field will play out. When males, be they chimps or men, compete for power their body language conveys physical dominance. They stand tall and puff their chests out. How is that going to work with a female politician next to you?

"When (Democratic VP nominee Joe) Biden debates Palin, will he use his seniority and experience to humiliate her?" wonders de Waal. "As a society, we don't generally approve of older men humiliating younger women so will he have to be nicer to her than he would a male politician?"

According to the laws of the jungle, it may not fly.

But we're no longer in the jungle, you say. And politics should be about the issues, not gender. Well, as someone who studies gender and behaviour, de Waal begs to differ.

"The issues or positions are actually secondary," he argues. "We react to people on a very primal level. We're probably more influenced by how someone touches someone than what they have to say."

So, when you watch the Canadian leadership debates on Oct. 1 and 2, you might want to consider turning off the sound.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

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Dr. McElhone I presume?
Actress Natascha McElhone is to star in a new movie about pioneering doctor James Miranda Barry, a woman who pretended to be a man in order to qualify as a doctor. **IMDB.COM**

CBS renews Flashpoint

TELEVISION CBS has renewed the summer crime drama Flashpoint for a second season after the show hit a season high Thursday.

The show drew 9.7 million total viewers during its latest airing. Season-to-date, it has been averaging 7.7 million viewers. Enrico Colantoni stars as the leader of a SWAT-like police team in Toronto.

The show originally was launched on low-traffic Friday nights, with CBS' higher-profile summer scripted effort Swingtown landing the coveted Thursday spot but as its ratings declined, CBS swapped it with Flashpoint. **REUTERS**

Mamma Mia! still rocking overseas

BOX OFFICE The summer smash Mamma Mia! logged a third consecutive weekend atop the international box office as its total raced to $334 million.

The ABBA-inspired romantic musical earned $14 million from 48 markets in the latest frame. Including its North American take, its worldwide total stands at $475 million. **REUTERS**

Emmy Awards come off as unsteady

IntelleVision

Rick McGinnis

rick.mcginnis@metronews.ca

NOT SO QUIET DESPERATION:

"Love TV and fear the Internet." These were the words director Barry Sonnenfeld pronounced as the music cue rose up and he rushed through the conclusion of his acceptance speech at Sunday night's Emmy Awards, after his win for the pilot of Pushing Daisies.

They are not the sorts of words you hear at a celebration of an industry that is healthy and confident and basking in what it knows for certain is its creative pinnacle.

"The star of the show wasn't (Tina) Fey or any of the five hosts, but comedian Don Rickles."

The tone was unsteady from the start, from Oprah's surprisingly unsure delivery of her opening monologue, to the misfired timing by the show's five hosts just after that, a shambling, awkward routine that that was obviously supposed to play like a parody of unpreparedness, but felt a lot more genuine the longer it rolled on.

At some point, one of the five reality TV show hosts who tag-teamed the night's emcee duties obediently read from the teleprompter, "These have not been easy times in the world of TV — or in the world in general."

It was both true and utterly ridiculous — the industry falling back on its last reserves of self-importance to make their own crisis somehow equivalent to the financial and political anxiety dominating the headlines.

Mad Men ended up taking home just two Emmys, for writing and best dramatic show, and these will doubtless be spun as a groundbreaking victory for the show, creator Matt Weiner and its cable network home, AMC.

GETTY IMAGES

Comedian Don Rickles accepts his Emmy on Sunday night.

The really substantial winners, however, were HBO, who took home a trough full of awards for its historical miniseries John Adams, and Tina Fey, whose wins as writer, producer and actress comprised a coronation of sorts; by the time you read this, comparisons to Mary Tyler Moore will already have become accepted wisdom.

The star of the show wasn't Fey or any of the five hosts, but comedian Don Rickles — who ran roughshod over both the teleprompter and co-presenter Kathy Griffiths, then came back to accept his own Emmy — a relic from a mostly bygone showbiz era whose unsteady appearance masked timing and delivery that were as sharp as ever, and made everyone else on the stage that night seem plodding and inept.

It was inevitable that politics would be conspicuous in an election year, and hardly surprising that they materialized mostly as shots at either John McCain or Sarah Palin.

Tommy Smothers mounted the soapbox after accepting an honorary Emmy, massaging the fine self-regard in which Hollywood holds itself with a breathless rant in which he congratulated it for being outspoken and confrontational, and which included the dread, sophomoric phrase "speaking truth to power."

If there was a Barack Obama joke anywhere in there, it must have been in some unbreakable code, woven into the breakneck time signature shifts of Josh Groban's musical medley of TV show themes.

Rick McGinnis writes about music, movies, books and television, but not opera.

CA	Vu	SC		7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
9/23/08 primetime	267	351	ACCESS	Help TV		Old Christine	Old Christine	Cold Case "8 Years"		Fringe		Help TV
	243	317	3 CFCN	eTalk	Hollywood	Law & Order: SVU		Dancing With the Stars (HDTV)				News (N)
	-	-	4 BROAD	(4) Broadcast News News.		Broadcast News News.						
	-	371	5 KXLY	News	News	Entertainment	The Insider (N)	Opportunity Knocks (N)		Dancing With the Stars (HDTV)		
	245	306	6 CBRT	Coronation St.	Jeopardy! (N)	Rick Mercer	22 Minutes	The Tudors (DVS)		CBC News: The National		The Hour
	244	338	7 CICT	ET Canada	Entertainment	90210 (HDTV) (N)		House		Kitchen Nightmares (N)		News Hour
	246	-	8 CKAL	Law & Order: SVU		Privileged (HDTV) (N)		Opportunity Knocks (N)		NY-Hollywood	Friends	Your City
	119	705	9 CBXFT	Virginie (SC)	La Facture	Providence (HDTV) (SC)		Roxy (SC)	Filantes	Le Téléjournal (SC)		TJ Alberta
	-	-	10 SHAW	(6) Local Programming						Local Programming		
	-	372	12 KREM	News (N)	Hollywood	The Doctors		NCIS (N)		The Mentalist "Pilot" (N)		Without Trace
	-	374	14 KSPS	NewsHour With Jim Lehrer		Nova (HDTV) (DVS)		American Masters (N)				Rock Hudson
	502	390	15 CBC	CBC News: The National		My Big Fat Diet		CBC News: The National		CBC News: The National		Newman
	-	370	16 KHQ	News (N)	Be-Millionaire	Jeopardy! (N)	Wheel-Fortune	The Biggest Loser: Families (N)				Law/Ord SVU
	-	373	22 KAYU	The Simpsons	The Simpsons	Two/Half Men	Two-Half Men	House "Not Cancer" (N)		(10:01) Fringe (N)		News (N)
	297	652	37 WPIX	Privileged (HDTV) (N)		CW11 News at Ten		Two-Half Men	Friends	Sex and-City	Will & Grace	According-Jim
news	500	500	29 CNN	Larry King Live		Anderson Cooper 360 (HDTV)				Larry King Live		Cooper 360
	508	502	31 CNN2	Glenn Beck		Nancy Grace		Showbiz Tonight		Glenn Beck		Nancy Grace
sports	400	400	21 TSN	MLB Baseball		SportsCentre (HDTV) (Live)			In This Corner	2008 World Series of Poker		Poker
	408	418	27 net	World Poker Tour		Red Bull: Air Race		Hockey Central	Stamps TV	Sportsnet Connected (Live)		Best-Sports
	410	403	30 SCORE	Poker: Canadian Open		Score Tonight		Hardcore Hockey Talk		Final Score	Final Score	Sports Rage
	411	457	44 OLN	Angry Planet	Surf Patrol	Don't Forget Your Passport		Pilot Guides		Don't Forget Your Passport		Survivorman
	417	406	48 SPEED	Low Life	SuperCars	Super Bikes!	Super Bikes!	Pinks (HDTV)	Pass Time	Unique Whips		Low Life
family	552	543	20 YTV	Drake & Josh	iCarly	Malcolm-Mid.	Home Improve.	Prank Patrol	Futurama	Prank Patrol	Mystery Hnt.	Adrenaline Proj
	557	541	39 FAM	Zoey 101	Life Derek	Wizards-Place	That's-Raven	Zack & Cody	Natural-Sadie	Han. Montana	Life Derek	Ned's School
	555	545	67 TOON	World of Quest	Johnny Test	George-Jungle	Bugs Bunny & Tweety Show		6teen	Total Drama	Futurama	American Dad
cable variety	575	583	11 CMT	Reba	Hope & Faith	Home Improve.	Home Improve.	CMT30	CMT 4 Tracks	Reba	Hope & Faith	Home Improve.
	553	546	17 TREE	Little Bear	Miss Spider	Comfy Couch	Rolie Polie Olie	Beren. Bears	Babar	Backyardigans	Dora-Explorer	Go, Diego, Go!
	-	-	18 CHTV	The Insider (N)	E! News	Fashion Police: Emmy Awards		The Biggest Loser: Families (N)				News (N)
	505	398	19 TWN	(5) EarthWatch One		EarthWatch One		EarthWatch Two				
	602	568	23 W	Shopping Bags	Style by Jury	Will & Grace	Friends	Coleen's Real Women		Style by Jury	Style by Jury	Good Naked
	521	560	24 TLC	Mystery Diagnosis		Dr. G: Medical Examiner		627 Lb Woman: Jackie's Story		Mystery Diagnosis		Med. Examiner
	603	561	25 FOOD	HEAT-McEwan	HEAT-McEwan	Top Chef		Top Chef		Iron Chef America		HEAT-McEwan
	615	520	26 A&E	The First 48 (HDTV) (N)		The Cleaner "Rebecca"		The Cleaner (HDTV)		The First 48 (HDTV)		The First 48
	617	522	32 SHOW	Wife Swap (N)		About a Girl	About a Girl	The Best Years (DVS)		Trailer Park	Trailer Park	The Shield (N)
	601	562	33 SLICE	Rich Bride, Poor Bride		Plastic-Perfect	Matchmaker	Nearly Dead	In Laws	Rich Bride, Poor Bride		Plastic-Perfect
	-	633	34 ENC2	*Nat. Lamp Trip*	(7:25) *Air Bud Spikes Back* ★★ (2003)			*Another You* ★ (1991, Comedy) Richard Pryor.			(10:35) *Amos & Andrew*	
	520	505	35 DISC	Smash Lab "CO2 Cop Car"		After the Catch (N)		Daily Planet		Smash Lab "CO2 Cop Car"		After the Catch
	620	523	36 BRAVO	Buffy St. Marie		Celtic Roots	Side-Dick Dale	Law & Order		Without a Trace		*Broken Hearts*
	294	650	40 WPCH	MLB Baseball		Family Guy	Family Guy	Seinfeld	Cheers	*Metro* ★★ (1997, Action) Eddie Murphy.		
	626	547	41 COM	Laughs	Comedy Now	Air Farce	Just for Laughs		Corner Gas	The Simpsons	South Park	S. Silverman
	-	539	42 TCM	(6) *Yentl* ★★★ (1983, Musical)			*Victor/Victoria* ★★★ (1982, Comedy) Julie Andrews, James Garner.					*Some Like It*
	628	584	43 SPIKE	CSI: NY "Sweet 16"		CSI: NY "Raising Shane"		CSI: NY "Silent Night"		CSI: NY "Stealing Home"		CSI: NY
	522	516	45 HIST	The Worst Jobs in History		NCIS		The Worst Jobs in History		Tony's Law		NCIS
	627	528	46 SPACE	Battlestar Galactica		Rabbit Fall	The Circuit	Stargate SG-1 (DVS)		Lost		Deep Space 9
	-	-	47 AMC	(6) AFI's 10 Top 10				*The Searchers* ★★★★ (1956, Western) John Wayne, Jeffrey Hunter.				
	619	525	49 TROP	Planet Soap	Big Screen	Beverly Hills, 90210		Planet Soap	What Happen?	Family Guy	Seinfeld	Seinfeld
	600	564	50 HGTV	Colin & Justin's Home Heist		The Stagers	Green Force	Holmes on Homes		Dirty Business	Outside	Colin-Justin
	501	391	52 CTV	CTV Newsnet		News	CTV Newsnet	News	CTV Newsnet	News	CTV Newsnet	News
	504	508	70 BNN	Squeeze Play		Market Call		Headline	Market Call	Commodities	Business News	Squeeze Play
	526	507	92 CLT	Missing Link Near-death.		Mysterious Ways "19A"		Judging Amy		Killer Next Door		Missing Link
	269	350	93 APTN	News		Closer-Home	Great Towns	Wapos Bay	Rez Rides	Fish Out of	Mixed Blessing	First Nation
	-	-	94 MCP	(6:30) News	News	Matchmaker	Daughters-Law	Officina Italian	Qui si Parla	In Germany	Euromaxx	Schauplatz
	571	581	100 MMM	Listed		Don't Forget the Lyrics!		Party of Five		Rags to Riches	News Special	Party of Five
	570	580	101 MM	So You Think You Can Dance Canada (DVS)				The Shift		Pimp My Ride	Technical Diff.	disBand
	581	566	102 MTV	Making the Band 4		From G's to Gents (N)		MTV Live	After	Making the Band 4		G's to Gents

critics' corner

The Mentalist
"Psych" meets "House," in this new drama series. Aussie hunk Simon Baker ("The Devil Wears Prada") plays Patrick Jane, a protocol- and boundary-challenged consultant to the California Bureau of Investigation. His mad observational skills are so keen that he could pass for a psychic, and in fact, he has. Robin Tunney plays his boss, Dr. Lisa Cuddy — er, make that Senior Agent Teresa Lisbon, who's driven nuts by Patrick's antics but has to admit he's good at his job. 10 PM on KREM

The Cleaner
A gifted teenage pianist turns to meth to cope with the pressures of her life. The girl's father, who has been reluctantly supporting her habit out of fear of losing her, seeks out William's (Benjamin Bratt) help. But the team runs into problems with her mother, who suffers from obsessive-compulsive disorder. William comes to the conclusion that the family needs to be healed before he can help the girl. 8 PM on A&E

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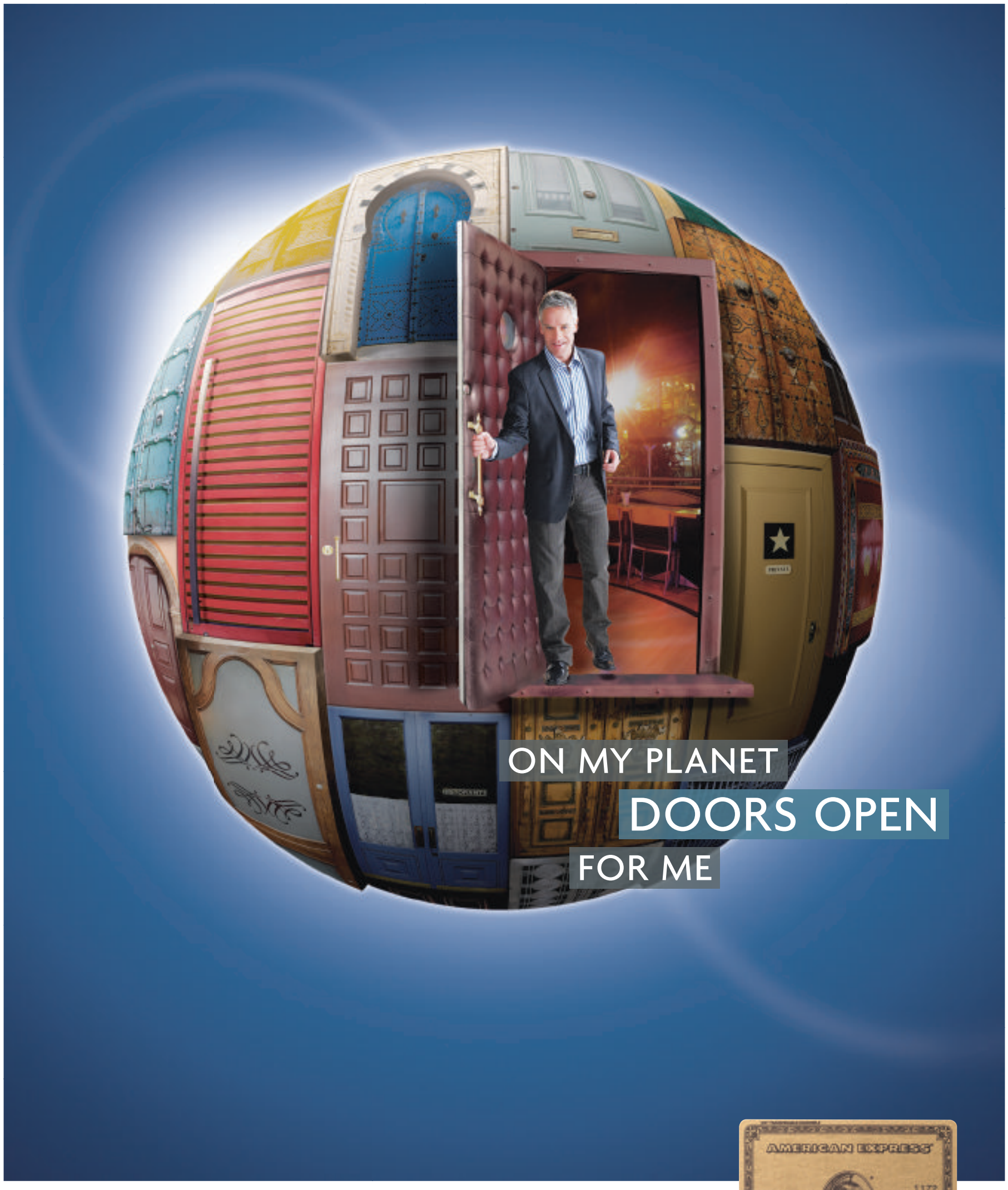

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Shrek on stage
Shrek: The Musical, based on the hit movie monster, has opened in Seattle and has proved so popular that producers are looking to take it to Broadway in New York. IMDB.COM

Celebrity Buzz

Scarlett: I'm not a statue

PEOPLE Scarlett Johansson wants everyone to know she's not a tourist attraction, PageSix.com reports.

The actress and fiancé Ryan Reynolds hit a New York night spot the other night "wearing matching bowler hats," a source said.

Even though Johansson was "dressed down in a black blazer and jeans," the doorman recognized her.

The source said that "the doorman asked to take a photo with Scarlett" but that she snapped, "I'm not the Statue of Liberty," before heading inside.

METRO NEWS SERVICE

Jada's in charge when it comes to discipline

PARENTING Jada Pinkett Smith has revealed she is the disciplinarian to her three children — because husband Will Smith is so easy-going, imdb.com reports.

The Hollywood couple has three children together, Trey, Jaden and Willow, and the actress admits she is the one who has to get tough with them.

"He's (Smith) so lenient on that stuff. Daddy tends to (say), 'Yeah! Have chocolate cake for dinner! It's all right with me.' I'll come home and it's just, 'Has anyone had lunch?' 'Yeah, I had some Frosted Flakes!'" she tells People.com.

But the star admits it's not a tough regime in the Smith household.

"We're not strict but we definitely believe it's a very important component for rearing children," Pinkett Smith adds. "It creates safety for them. They understand that they need guidance."

METRO NEWS SERVICE

celebrity brief

Delany avoids weight-loss 'disease'

PEOPLE Desperate Housewives actress Dana Delany does not worry about staying thin, because she has seen her skinny co-stars reportedly become hung up on losing weight, imdb.com reports. The actress appeared in the fourth season of the ABC show last summer and has now become a regular character in Season 5.

Delany admits that when she first joined the cast, she was taken aside by one of the wardrobe designers and warned not to fall prey to the pressure of staying slim.

"When the costume designer said to me, 'Don't get the Desperate Housewives disease' I didn't know what it was," she says. "But she said everyone loses so much weight when they come on the show. There is an unspoken competitive weight-loss thing. Even the actress who plays my daughter lost 10 pounds."

But Delany insists that she didn't fall prey to the "disease" and actually gained weight during her stint on set.

METRO NEWS SERVICE

Did Moss' partying ways cost her a boyfriend?

GETTY IMAGES PHOTOS

PEOPLE Model Kate Moss is "gutted" after reportedly splitting with rocker boyfriend Jamie Hince, imdb.com reports.

The 34-year-old has endured a rocky relationship with the Kills frontman, and the model's reported party-loving lifestyle is apparently to blame for the split.

"Kate is gutted because she really loves Jamie. They had even talked about marriage and kids," a source tells Britain's Daily Star newspaper. "But she is not ready to change her lifestyle and probably never will. I doubt any man could tame her because that's who she is. Jamie told her he was fed up with her reluctance to stop partying and she just flipped. They just can't agree on it and it had become too much."

METRO NEWS SERVICE

celebrity briefs

Beckham not such a Posh shopper

PEOPLE Victoria Beckham buys her clothes from flea markets, femalefirst.co.uk reports. The former Spice Girl can't resist buying second hand clothes, and admits her own designs are often inspired by her finds.

"I don't really go shopping any more, apart from the flea market I go to every Sunday. You can get some amazing vintage stuff there," said Beckham. "That's often where I get inspiration for my designs."

The 34-year-old, who has often been criticized for her slim physique, has also revealed she is eating and exercising more.

Beckham added she has learned to deal with negative comments and is "proud" of what she has achieved in her life.

"I don't really give a s–t what people think of me. I'm more grown up now and I've learned not to care so much what people say."

METRO NEWS SERVICE

Catherine keeps herself out of the kitchen

PEOPLE Actress Catherine Zeta-Jones has a simmering secret — she is useless in the kitchen, imdb.com reports.

Zeta-Jones, married to actor Michael Douglas, confesses she can't cook even a simple meal without the aid of a microwave.

She says she is so bad at baking that she once nearly set her kitchen on fire.

"I'm a terrible cook," the actress tells Sky Movies magazine.

"I can microwave chicken nuggets well … I actually burnt a pan once. There wasn't a fire but it was smoking and I got a little scared. So that was the first and last time I tried to cook."

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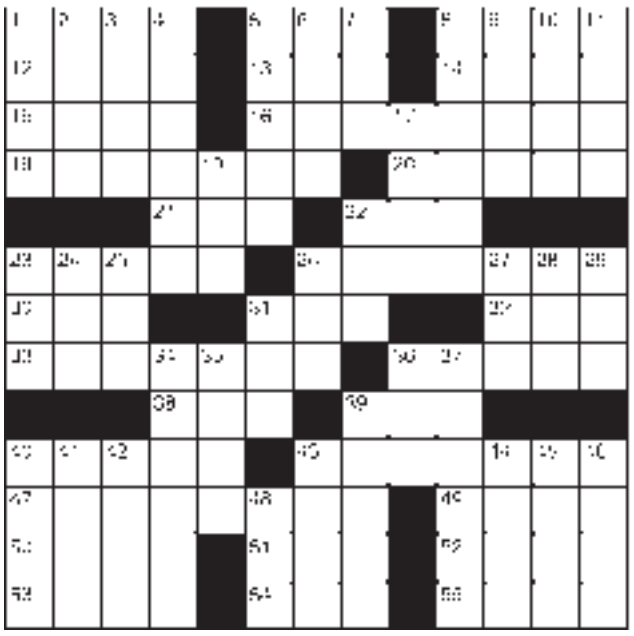


Sudoku

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

	2			4		3		9
5				9	6			
			7					5
			6	2	4	1	9	
				7				
	6	7	1	5	3			
1					5			
			4	1				8
4		8		3			7	

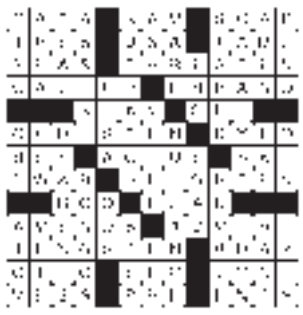
Crossword across

1 Ballet leap
5 Suitcase
8 Dad
12 On
13 Before
14 "American —"
15 New Mexican tribe
16 Do figure eights, e.g.
18 Slaloms
20 Analyze grammar
21 Rhyming tribute
22 "A mouse!"
23 Bolivian metropolis
26 "Have a —!"
30 "— Yankee Doodle ..."
31 Enthusiast
32 Eggs
33 Sovereign's representative
36 Slumber
38 Mouth part
39 Coloring
40 Reacted to fireworks
43 Emulator
47 Result of "once bitten"
49 Uninteresting
50 Campsite structure
51 Storm center
52 Cupid's alias
53 Probability
54 Foolish one
55 Anger

Crossword down

1 Satchmo's specialty
2 Needle case
3 Grip ice from a bucket
4 External parasites
5 Ecru
6 Curved lines
7 "Golly!"
8 Jasmine relative
9 Hebrew month
10 Cookware
11 Sheltered
17 Detail, for short
19 Wood-shaping tool
22 One (Ger.)
23 Actress Ullmann
24 Parisian pal
25 — -10 Conference
26 Aye canceler
27 Female deer
28 "Hail, Caesar!"
29 Shrill bark
31 Dandy
34 Votes into office
35 Carnival attraction
36 Morning star
37 "... nor a — be"
39 19th president
40 Director Preminger
41 Didn't pay yet
42 Rear
43 Wherefores' partners
44 Atmosphere
45 Online journal
46 Otherwise
48 Vast expanse

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



6	7	8	2	9	5	1	3	4
4	2	5	1	3	6	7	8	9
9	3	1	8	7	4	6	2	5
3	6	7	9	1	2	5	4	8
2	1	4	7	5	8	9	6	3
5	8	9	6	4	3	2	7	1
1	4	3	5	2	7	8	9	6
7	5	6	4	8	9	3	1	2
8	9	2	3	6	1	4	5	7

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SUDOKU SOLVE TIME:
Under 13 min .....Genius
13-17 min.....Scholar
17-21 min .....Smart
21-25 min .....Not bad
25+ min.....Keep practising

Recipe of the day

COOK SMART FOR A HEALTHY HEART

Low-fat Barbecued 'Ribs'

Meat doesn't get much fattier than pork ribs, but you can get the same flavour by substituting with pork tenderloins which cuts the fat by 90 per cent.

INGREDIENTS:
2 pork tenderloins (about 340 grams each), trimmed of fat
1 medium red onion, chopped
1 medium red bell pepper, seeded and chopped
3 cloves garlic, minced
1 cup ketchup
1/2 cup chili sauce
1/4 cup unsulfured molasses
3 tablespoons Worcestershire sauce
2 tablespoons light brown sugar
2 teaspoons chili powder
2 teaspoons mustard powder
Hot red pepper sauce, to taste

METHOD:
1. Soak four 30-cm (12-in.) wooden skewers in water for 30 minutes. Butterfly pork, cut into "ribs" and thread onto skewers. Cover and refrigerate.
2. Place oven rack in the upper third of oven and preheat to 230°C (450°F). Spray a jellyroll pan with cooking spray. Spread vegetables in the pan. Roast, tossing frequently, until brown and tender, about 15 minutes.
3. Transfer to a food processor. Add ketchup, chili sauce, molasses, Worcestershire, sugar, chili powder, and mustard, and red pepper sauce. Puree. Pour into a saucepan. Cover and cook over medium-low heat, stirring occasionally, until bubbling. Remove 1 cup sauce for basting and keep remaining sauce hot.
4. Spray barbecue grill generously with cooking spray and preheat to medium. Baste both sides of pork with sauce. Grill until cooked through, turning and basting every 4 minutes. Serve with the remaining sauce on the side.

SERVES 6

rd.ca

For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes

AVATAR VENUS

ARIES
MARCH 21-APRIL 20
Take the time to shoulder the burden of a bad choice. Failure will cause a loss of respect. An elder will have an excruciating episode.

TAURUS
APRIL 21-MAY 21
Reduce unnecessary duties or you'll be wiped out. You'll have an impact on strangers. A difficult person will relax after an explanation is given.

GEMINI
MAY 22-JUNE 21
Don't discuss money with a stubborn person. Normalcy returns after a new romantic attempt. Reveal your feelings to someone who is curious.

CANCER
JUNE 22-JULY 22
Adventure plays a part in the outcome of problems. A fantastic situation will open your eyes. A delayed call back disturbs the night.

LEO
JULY 23-AUG 23
Shaky emotions will force you to speak your mind. A distressed friend is going through a separation. Teach someone the benefits of friendship.

VIRGO
AUG 24-SEPT 22
A loved one wants to argue every point. Remain calm when a disturbing crash is heard. Your passion creates unity at a gathering.

LIBRA
SEPT 23-OCT 23
You'll surprise everyone by taking fearless action. You need hours to just putter around. An endearing buddy doles out kindness and love.

SCORPIO
OCT 24-NOV 22
Verify a story before confronting a bad guy. Sneakiness gives you a reason to wonder. Mistakes are made because of pride.

SAGITTARIUS
NOV 23-DEC 21
Help others to avoid falling for a practical joke. Someone is missing due to illness. You'll be concerned about attention-seeking.

CAPRICORN
DEC 22-JAN 20
Confusion is the basis for a discussion. Don't walk away from a predicament. A phone call can give you comic relief.

AQUARIUS
JAN 21-FEB 18
Pamper yourself as soon as possible. An unwelcome invitation will be refused. You won't get flustered by anything.

PISCES
FEB 19-MARCH 20
Your mood and persona is dynamic. Emotional issues cannot be ignored. Surrendering to selflessness can make you psychic.

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